

Braden Scale for Prediction of Pressure Sores*

All individuals with a score of 16 or less require a skin care plan.

A. ____ **Sensory perception:** Ability to respond meaningfully to pressure-related discomfort.

- 1) Completely Limited
- 2) Very Limited
- 3) Slightly Limited
- 4) No Impairment

B. ____ **Moisture:** Degree to which skin is exposed to moisture.

- 1) Constant
- 2) Moist
- 3) Occasionally Moist
- 4) Rarely Moist

C. ____ **Activity:** Degree of physical activity. An index of not only the time of relief from pressure but also of recovery of the blood flow due to moving.

- 1) Bedfast
- 2) Chair fast
- 3) Walks occasionally
- 4) Walks frequently

D. ____ **Mobility:** Ability to change and control body position. Includes the ability to change the body position to relieve pressure at areas of bony prominence and motivation of the patient to move.

- 1) No Mobility
- 2) Very Limited Mobility
- 3) Slightly Limited Mobility
- 4) No Limitations

E. ____ **Nutrition:** Usual food intake pattern according to the energy and protein intakes.

- 1) Very Poor
- 2) Inadequate
- 3) Adequate
- 4) Excellent

F. ____ **Friction and Shear:** Lumped as 1 item because friction and shear occur simultaneously.

- 1) Problem
- 2) Potential
- 3) None Apparent

TOTAL_____

***The use of the scale begins when the patient becomes nearly bed-ridden.**

The intervals of evaluation are 48 hours in the acute period and 2 weeks in the chronic period.

In elderly patients, the scale is applied every week during the first 4 weeks and every 3 months thereafter. Note that the skin must be observed daily.

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rmb

This tool is to aid in prevention of skin damage and/or breakdown. It is not a required document.